

8-1-2011

# PrimeTimes Newsletter, Fall 2011

Office of Lifespan Studies

Follow this and additional works at: <https://digitalcommons.coastal.edu/primetimes>

Part of the [Family, Life Course, and Society Commons](#), and the [Gerontology Commons](#)

---

## Recommended Citation

Office of Lifespan Studies, "PrimeTimes Newsletter, Fall 2011" (2011). *PrimeTimes Newsletter*. 25.  
<https://digitalcommons.coastal.edu/primetimes/25>

This Article is brought to you for free and open access by the Office of Lifespan Studies at CCU Digital Commons. It has been accepted for inclusion in PrimeTimes Newsletter by an authorized administrator of CCU Digital Commons. For more information, please contact [commons@coastal.edu](mailto:commons@coastal.edu).

# PrimeTimes

COLLEGE OF SCIENCE • OFFICE OF LIFESPAN STUDIES • COASTAL CAROLINA UNIVERSITY

FALL 2011



## WHOLE GRAIN *Goodness*

*By Sharon H. Thompson, Ed.D., CHES,  
Professor of Health Promotion,  
Coastal Carolina University*

Whole grains are exactly as their name implies, constituting the “whole” part of the grain – nothing is taken away in processing. One example of a whole grain is popcorn because it consists of whole-grain corn. Although white bread is made from whole-wheat grain, the bran and endosperm are stripped in processing. Unfortunately, the parts of the grain that are removed are powerhouses for vitamins, minerals, phytochemicals, lignin, fiber, vitamin E and unsaturated fatty acids compared to what remains – the endosperm of the grain. In fact, when bread is stripped of the bran and germ, as in white bread, 75 percent of the nutrients are lost. Many people do not realize that whole grains have as many (or more) phytochemicals than fruits and vegetables.

Whole grain consumption offers many health benefits. For example, one major study revealed

*...continued on page 9*

## AUTUMN

### I'VE FOUND A FRIEND IN YOU

*By Bridgette Johnson*

Ok, I admit it. I am one of those parents. I like to have a say so in whom my kids hang out with. And recently, I actually found myself making a new friend on their behalf. It's not something I do often, and it was truly unexpected, but it worked. And I may do it again sometime. Here's how it all played out.

It was a fall day, mid-day actually, and I had taken my son and daughter to the last soccer game of the season. And of course, I had forgotten to bring my camera. Isn't that how it always happens? So during the break between game and end of year party, I scooted home to retrieve it. Planning only to be gone for a few minutes, I swore to them and to the coach I'd be back in a jiffy.

As I made my final turn out of our neighborhood, heading back to the soccer field, I couldn't help but notice the cutest little girl playing alone on the shoulder of the road. My son Eli immediately popped into my head. My greatest fear for him is and has always been that he would voyage into the

woods, as he likes so much to do, and find himself lost at the end of the exploration. Knowing this little girl was much too young to be unaccompanied by an adult, I immediately stopped my car. I rolled down my window and called out to her.

Obviously frightened by this strange woman – yes, I'm sure I looked a bit strange stopped right there in the middle of the road – she jumped the ditch and ran a bit into the surrounding wooded area. Motherly instinct flung my car door open wide, and I was standing on the shoulder of the road before I ever realized what I was doing. I called out to her again, and stood there.... stood there...

*...continued on  
page 8*



# WHEN INVESTMENT MARKETS ARE **SCARY** ... WHAT SHOULD WE DO?

*By Norman F. Whiteley*

As I exercised at the gym last August in a futile attempt to get my septuagenarian muscles functioning the way they used to, a friend across the room completed her Exercycle round and came over to me.

“Have you ever seen such volatility before?” she asked. “I don’t know what to do. I don’t want to lose the money in my 401K, but these times are scary.”

She went on to explain that she had recently met with her financial advisor to review her asset allocation and decided to move a larger portion of her portfolio into bonds. She wasn’t sure if she had done the right thing.

Unfortunately, the dilemma she is facing is being faced by every investor the world over in the difficult economic times we are experiencing. I’m sorry to say that no one, not even the most experienced professional investment analyst, can predict with any degree of certainty what will happen in the markets next. These are risky times for investors...some of the riskiest we have faced

in our lifetimes. What can an investor do when virtually all alternatives are fraught with danger?

While there are no pathways that guarantee investing success, investors have been subjected to adversity before and have managed to navigate uncertain times by following a few basic principles.

First of all, don’t panic! Don’t allow yourself to be frightened into precipitous actions by “alarmist” media sources or purveyors of “end of life as we know it” investment advice. Precipitous selling of assets and moving everything into cash could prove to be one of the riskiest alternatives of all. Certainly you want to have enough cash to cover near-term needs, but for long-term assets, those you can keep invested for 5 or 10 years, I believe that a well-diversified, well-balanced and directed portfolio of stocks and bonds offers the best alternative for meeting the investing challenges that lie ahead.

Don’t try to “time” the market by jumping in and out of investments based on whether you think the market is going up or down. Many highly experienced investors have tried and concluded that this technique is a losing strategy...the markets move too quickly and too unpredictably. During periods of high volatility and economic uncertainty, your portfolio should be structured defensively. For the stock portion of the portfolio, companies with a long history of reliable cash flows and good dividend payments, those that are not impacted by the normal ups and downs of the business cycle, are the primary core constituents. Businesses producing consumer staples, utilities and healthcare are examples. Many of these companies have good, reliable dividend payout yields in the 3 to

**THE**  **Ups** **AND**  **Downs**  
**of retirement investing**

*...continued on page 12*

# YOGA & WATER..

## *Do they work together?*

*By Tara Saville, Assistant Director, Campus Recreation, Coastal Carolina University*



Have you ever wanted to try yoga, but feared you would be unable to balance and hold those bizarre-looking poses? To senior adults, yoga can look a little intimidating, especially if you have difficulty with your balance and stability. Seniors who have arthritis also may worry about their ability to get up and down off the floor in yoga.

Contrary to what you might think about it, many seniors do yoga and reap many benefits from the class. Many classes today are designed specifically for seniors and take into consideration some of the limitations that come with aging. However, if you've tried it and still feel you're not comfortable with traditional land yoga, what about yoga in the pool?

Currently there are programs that provide yoga classes in the water. Certified instructors modify yoga and bring yoga poses to their water routines. You can achieve beneficial results for your joints, muscles, coordination and balance. The great thing about yoga in the water for senior adults is that postures can be held because you are being supported by the water.

Are you someone who leads an active lifestyle, or do you spend most of your time sitting? Either way, yoga can provide benefits that many of us haven't taken advantage of. Because many of us spend a lot of our time sitting, our

bodies begin to adapt by muscular shortening, tightening and weakening. Lack of movement leads to joint deterioration and loss of flexibility. This of course leads to a real concern for senior adults when it comes to balance.



Due to weakness and loss of flexibility, falls are a concern that can lead to serious problems.

The benefits of yoga address those areas of concern. Range of motion exercises help joints stay lubricated, and balancing exercises help strengthen the body to respond better and therefore become stable. Yoga teaches the union of body, mind and spirit. It is calming and stress reducing. Even as we age our bodies benefit from this type of focus. Mindful breathing is another aspect of yoga that teaches us to utilize our entire breathing capacity. As we age, most of us have a tendency to breathe much shallower than we should. Lastly, poses and postures, also called asanas, take our bodies into positions that promote muscle lengthening, stretching and strengthening.

So how does this all fit in the water environment? Yoga poses that are appropriate for the water are determined by certified instructors who can take you through a series of postures similar to those on land with a few modifications. It is important that you seek out classes that are taught by certified instructors to ensure safe practice. If you currently have a routine in the water and would like to add some yoga to that, encourage your instructor to incorporate some of those postures at the end of class for a cool down to focus on your breathing, balance and stability.

If you'd like to research more into this area, two resources for water yoga are: "Yoga Afloat" by Cynthia Blalek ([www.yogaafloat.com](http://www.yogaafloat.com)) and "Water Yoga" by Bill Morgan ([www.wateryoga.org](http://www.wateryoga.org)). \$

*Tara Saville wants PrimeTimers to know that the Department of Campus Recreation offers a program for older adults. The ABLE program (A Better Lifestyle Experience) offers both land and water exercise five days a week. If you are interested in getting involved, contact Tara at 843-349-2815 or [tsaville@coastal.edu](mailto:tsaville@coastal.edu).*





# Fiber Up Your Diet

*By Larissa Gedney, MS, RD, LD,  
Clinical Nutrition Manager, Conway Medical Center*

With the bombardment of high fiber products available on the grocery store shelves, most people are aware of the importance of fiber in the diet. In addition to fiber's role in regulating the digestive system and preventing constipation, fiber also has been shown to reduce the risk of diseases such as high cholesterol, diabetes, colon cancer and heart disease. In addition, fiber helps provide the sensation of fullness and is a healthful addition to the diet to help prevent overeating. It is recommended that most adults receive about 20 to 35 grams of fiber each day. Different sources of fiber provide different health functions.

Fiber is commonly broken down into two categories: soluble and insoluble. Soluble fiber retains water and forms a gel-like substance when digested. Soluble fiber is useful in controlling cholesterol and glucose levels and can be found in foods such as oats, citrus fruits, berries, apples and beans. Insoluble fiber does not dissolve in water. Its main function is to provide bulk of stool and encourage movement through the digestive tract. Insoluble fiber is most commonly found in whole

grain products such as wheat bread, cereal grains, bran and rye. It is also present in some vegetables, such as carrots, cucumbers, celery and zucchini, as well as in seeds, such as pumpkin and sunflower seeds.

Because fiber is an essential part of the diet, taking small steps to increase your fiber intake may help improve or maintain your health. Aiming for the recommended five to nine servings of fruits and vegetables each day is a good start to boosting your fiber. Switching from white rice and pasta to brown rice and wheat pasta is a quick change that will increase your fiber content. Other ways include adding ground flaxseeds to baked goods, sprinkling nuts and seeds on salads, and adding beans to soups and casseroles. There are many natural ways to increase the fiber each day by making small dietary changes. \$

*Larissa Gedney can be reached at Conway Medical Center at 843-347-8241.*

## *Too-Good-to-be-True Chocolate Muffins*

These muffins are low in fat and high in fiber and flavor, not to mention a breeze to make!

### Ingredients:

- 1 box Chocolate cake mix
- 1 can pumpkin (not pumpkin pie filling!)
- 2 Tbsp. ground flaxseed meal

1. Mix together all ingredients until smooth.
2. Scoop into muffin tins lined with cupcake wrappers.
3. Bake in an oven preheated at 350 degrees for about 25 minutes.

*Serves 12.*



# STEPPING INTO NATURE

*By James O. Luken, Associate Provost, Director of  
Graduate Studies, Coastal Carolina University*



Getting to know nature can be a daunting task. There is the initial problem of finding a natural area with safe and easy access. After overcoming this first obstacle, there is then the problem of recognizing and identifying all those species. Considering that a typical Grand Strand forest may support 100 different plant species, it is no surprise that many of our rich and varied natural areas are underutilized and poorly understood by the general public. Richard Louv in his book “Last Child in the Woods,” suggests that today’s children are losing touch with nature, perhaps with detrimental effects. He traces this to the various electronic gadgets that keep kids indoors interacting with computer screens, rather than outdoors interacting with wild things. Louv’s ideas can likely be extended to all age groups. We all need to get out and learn more about local nature. But how does this happen?

A voyage of nature discovery can begin by purchasing a field guide to local plants or animals and then taking a trip to a wild place like Lewis Ocean Bay Heritage Preserve. With this approach you are mimicking the solitary journeys of our most noteworthy naturalists: Henry David Thoreau, John Muir and John Bartram. Being alone in the woods can reveal many things, but it is also dangerous and most people don’t enjoy the experience. Instead, I suggest engaging a person, a guide of sorts; one who can take you into the wild and sort out the complexities of the natural world. Of the various guides available, I highly recommend the ones known as botanists. I make this recommendation based on my previous association with the late John W. Thieret: nature guide, curmudgeon, opera-lover and botanist extraordinaire.

My association with John Thieret (a.k.a. Jack, JWT or simply Thieret) began on day two of a new job at Northern Kentucky University (circa 1985) when he appeared at my office where I was unpacking boxes. He knew I claimed expertise as a plant ecologist, but I suspect he was most interested in exposing the knowledge gaps in my recently conferred doctorate. After inquiring about whether or not I was being treated well by my colleagues, Thieret took me to the herbarium where he produced five mystery plants. In this first of many tests, I received the grade of D due to one lucky guess and four “no clues.”

Realizing I required tutelage or perhaps because he needed a lackey, Thieret started inviting me on forays into the exurban wilderness of Greater Cincinnati/Northern Kentucky and other secret locales. The ultimate goal of these trips was to find new plant species, ones not previously recorded for counties, states or the continent. Unknown to me, Thieret was a master of this game, as indicated by his lengthy vitae. The strategy: search in private, forgotten or destitute places not frequented by other botanists. Even though we searched for waifs, our hikes involved him transferring to me a plethora of information regarding the common plants: differentiating similar species, potential uses for food and drugs, insect associates, and ecology. With his help, I started feeling comfortable with the flora but also gained the broad sweep of all things living.

However, there were problems on our hikes. We regularly trespassed on private lands. The laws in Kentucky are primitive regarding this issue, being tipped in favor of game hunters. In short, one can legally trespass unless a sign is clearly posted or the owner tells you to “get the hell off my land.” We ignored signs. And the owners usually did appear, out of nowhere, sometimes with guns, but always with bad attitudes. Thieret, dressed in his latest purchase from the Goodwill, carrying a plant press and displaying a limp due to childhood polio, always emerged from these encounters unscathed. And in some cases, the land owner became complicit in our search, taking us to places where unusual plants could be found.

*...continued on page 6*

## Stepping Into Nature..... continued from page 5

Thieret's botanical diplomacy in trespass confrontations was unique. He deftly ignored our university affiliation and credentials. Instead, we were presented to landowners as "botanists" looking for interesting plants. After this introduction he immediately offered a vigorous handshake, leaves for tasting or smelling, roots for inspecting and natural history for digesting. He gave away nearly an entire university-level course right there in the woods, requiring nothing in return except the right to explore further. The approach always turned difficult situations into pleasant ones.

Occasionally, while hiking through the bush, we stumbled into danger. In an abandoned railroad yard near Dayton, Ky., we met a group of homeless men sitting around a campfire. All four of them confronted us, but Thieret instantly offered to cook a fine lunch of cattail shoots harvested from the nearby slough. The men declined the offer and eventually abandoned us, concluding we were harmless or crazy or both. Another time, after traversing a particularly thick patch of woods in rural Kentucky we emerged into a power line corridor only to find two marijuana farmers loading up their backpacks with a fresh harvest. As the four of us stood there equally surprised, my gaze kept falling to the large Bowie knives strapped to the farmer's belts. Thieret quickly greeted them as "fellow botanists" and began an animated lecture on the dioecious flowers of *Cannabis*. He let the farmers peer at their plants through his magnifying glass while complimenting them on their horticultural skills. And soon, we were all the best of botany friends. They continued with their business and we jogged back to the car where Thieret referred to them as a couple of "nice fellows."

Thieret never stopped looking for plants, even when in non-plant environs. While traveling to a conference in Ohio, we had a few minutes of idle time in a hotel lobby. He abruptly abandoned his suitcase and papers, climbed into a display of large ornamental plants and began rummaging around in the flower pots. He returned victorious with a tiny nondescript weed. "Fatoua villosa!" he exclaimed, while offering me this prize. The narrative that followed included his first *Fatoua* encounter in Louisiana where the plant was introduced from Asia, his difficulties in properly identifying it, and the movement of it from down South all the way to Ohio via explosive seed dispersal.

Thieret, as you might already guess, had a few idiosyncrasies when it came to life beyond plants. Typically, that life beyond plants eventually circled back to plants. His diet was bizarre. Lunches at the university, open to all including students, were laid out in the

herbarium on a table littered with bits of dried leaves, soil and chemical stains. The food—forged from the woods, his garden or a nearby ditch—was displayed in tin cans, on paper towels or in smudged coffee cups. There was usually a mystery item that I was required to eat and then rate. Usually these leaves, fruits or roots, purchased in preserved form from ethnic markets in Cincinnati, were not worthy of praise. However, at these lunches I was introduced to truly wonderful things like the lychee, lime pickle and other exotic plant snacks.

And so I come back to my initial statement that getting to know nature requires the guidance of a good botanist. Unfortunately, now that I've refreshed my memories of John Thieret, I realize he was one of a kind and I was just lucky to have known him. So what can you do to learn about nature in the absence of someone like John Thieret?

- Get a friend with a common interest—or a group of friends—and start taking hikes in some of our local natural areas. A good place to start is the Waccamaw National Wildlife Refuge trail system with two public access points near Coastal Carolina University.
- Locate experts who are willing to lead nature hikes. Such experts can be found at community colleges or universities or may also be found working in environmental consulting firms.
- Get a camera and start taking photographs of plants and animals. With a photograph you can usually compare your pictures to pictures in field guides or on the web and then identify species.
- Keep collections and records of your discoveries. Maintaining a collection of dried plants or keeping a life list of bird species is personally satisfying but can also be of value in documenting long-term trends in biodiversity.
- Share your discoveries with others. The best way to preserve our natural resources is to convince others that natural resources contribute to everyone's quality of life.
- Work to preserve and protect our local natural resources. You can do this by serving as a "friend" of a local state park or wildlife refuge or by working as a "water watcher." §

*James O. Luken is Associate Provost and Director of Graduate Studies at Coastal Carolina University. He can occasionally be found in close association with local wild things. He can be reached at 843-349-2235 or [joluken@coastal.edu](mailto:joluken@coastal.edu).*





# WHAT'S IN A GOAL?

*By Jonathan Gibson, Director, Conway Medical Center, Wellness & Fitness Center*

Goals assist you in focusing your attention to achieve a desired result. When you schedule a trip, you know that you have certain things that you must do in order to prepare for the trip. You have a destination. You have a method and direction to get there. For some reason people look at weight loss from an entirely different perspective. Most will say something like “I want to feel better,” or “I want to lose some weight.” These general statements are obviously true for almost everyone in our society, but what do you truly want? Do you want to lose one pound, 10 pounds or 30 pounds? Do you want to be able to walk one mile, run a 5K race or complete a marathon? Be specific about your goal and then set a timeframe or date to accomplish this goal.

Make sure to plan according to your goals. It will obviously take more time to lose 30 pounds than one pound. With an ideal weight loss of two pounds per week, the 30-pound goal will take approximately 15 weeks. While you may be able to walk one mile right now or with just a few weeks of exercise, completing a marathon may take months of training. You may be thinking that there is no way you could complete a marathon. Sister Madonna Buder first began training when she was age 48. At the age of 55 she completed her first Ironman triathlon. This consists of a 2.4-mile swim, 112-mile bike and 26.2-mile run. At the age of 79, she became the oldest female to complete the Ironman distance, and she's still going strong.

There's no doubt you'll see plenty of ways to lose the weight once you've set your goal. There are numerous magical pills, potions and lotions. There's an abundance of exercise videos and equipment. There are even

surgical procedures, that may sound tempting if you've tried and tried with no success.

The basics of weight loss, however, are simple: exercise and eat properly. Most people do not know how many calories they consume in a day. Most don't even know that one pound of fat is equal to 3,500 calories. If someone with a recommended daily intake of 2,000 calories is taking in 2,500 calories per day, that is an additional 500 calories per day or 3,500 calories per week. To find out your daily calorie needs go to [www.choosemyplate.gov](http://www.choosemyplate.gov) and select “Get a Personalized Plan” under the “I Want To...” tab on the right side. You will then be prompted to input your age, sex, weight, height and physical activity. This will give you your recommended daily calorie intake. Get a small notebook that you can carry with you at all times (well, at least most of the time). In this notebook keep a log of all calories consumed for the day. If you feel your days throughout the week may be significantly different, it may be best to average the week for a more accurate picture. This may seem like a lot of work to begin with, but it can be a real eye-opener as to how many calories you're actually taking in opposed to what you may have thought you were taking in. This same notebook can be used to log your activity for the day and track your progress toward your activity goal. \$

*Jonathan Gibson is the author of “Common Sense Weight Loss” and offers weight loss workshops at the Conway Medical Center Wellness & Fitness Center. He can be reached at [jgibson@cmc-com](mailto:jgibson@cmc-com). To find out when a Weight Loss Workshop is scheduled call 843-347-1515. Participants receive complimentary copies of “Common Sense Weight Loss”.*



## Autumn, I've Found a Friend in You ..... continued from page 1

continued to stand there...until a little face peered around from behind a tall pine tree.

At that moment in time, she looked so small and so alone. And I knew I had forgotten my camera for a reason. Aware I was there and waiting for her, she slowly but surely made her way back to stand just on the other side of a very deep ditch from me. So, what did I do, but jump the thing! Yes, I stepped back, sucked in a deep breathe on a prayer, took a big shoulder and arm swing and cleared that ditch! Quite proud of myself, I wrapped my arms around that little girl, hugged her tight, and together we made our way back to my car. With her still in my arms, I sat down in my driver's seat, chuckled a little bit under my breath, and drove her back to my house.

Covered in bug bites, the little girl was scared, shook a little with fright, but never made a peep. As I got closer home, I noticed her nose was bleeding. How long had she been out there, all alone? Who is she?

Still in a hurry to get back to my children, I begged the help of my husband, Timmy, who was dressed in a white chef's coat, heading out the door to a catered event. "What in the world are you doing, Bridgette? We can't take her in." And, I'm thinking, of course we can. But I offered a simple, "No, Silly, we can't take her in, but we can feed her, clean her up and find out who she is."

Upon our return home on that autumn afternoon, my children and I discovered her still there, sprawled out

on our back porch, belly full of some of my husband's chicken bog. Daddy had cleaned her up, doctored her bug bites and wiped her nose. That pretty little girl just raised her head and smiled, laid her head back down and continued her nap. Wow. She thinks she's found a home, I thought.

To this very day, right at a year later, that same little girl rules our household and especially takes pride in our back porch. Her favorite meal is still chicken bog. And, I have to say, I did a pretty bang up job in choosing a new best friend for the kids. She's loyal. She's loving, and she's so very protective. She watches over our cats and has helped us raise a few orphan squirrels. She chases Eli on his bike and sits in her very own front porch rocker and listens to Emma read. She's a little Terrier of some sort, and we call her "Autumn." §

*Bridgette Johnson is a PrimeTimes pioneer contributor and a favorite of PT readers. Her writing is sure to encourage us to think of home, of growing up, of family, of friends, of school days and maybe even old romances. As stated in previous issues, Bridgette is the Horry Home Companion, bringing life alive with tales – not "tall" but true and heartfelt. Bridgette is a gardener as well as a writer, sowing seeds for blooming as well as for thinking. When she isn't doing all those things she is helping local businesses and owners as executive vice president of the Conway Chamber of Commerce. And she has taught creativeness and tale talking-writing to CCU students. Johnson can be reached at 843-248-2273.*

***PrimeTimes* invites you to check out the many  
Cultural Events taking place at CCU.**

For more information on all cultural events go to

**[www.coastal.edu/culturalarts](http://www.coastal.edu/culturalarts).**

## Whole Grain Goodness ..... continued from page 1

that heart disease risk was reduced by 25-35 percent with increased whole grain consumption. Furthermore, the Harvard Nurses' Health Study of 75,000 women showed a 36 percent drop in stroke risk when women ate three servings of whole-grain foods per day. Metabolic syndrome, which often precedes heart disease and diabetes, may be less common in those who eat three or more servings of whole grains per day, particularly when those whole grains are rich in fiber.

In contrast to refined-grain products, whole grains are rich in numerous compounds that may protect against cancer, particularly cancers of the gastrointestinal tract. Possible reasons for this include increased transit time, antioxidant activity, and fecal bulk. Furthermore, lignans in whole grains are phytoestrogens, which may affect the development of hormone-dependent cancers.

Although it is recommended for Americans to eat at least three servings of whole grains per day, the average intake is less than 1 serving/day; thus, fiber intake in our country is far lower than recommended. American adults consume only 12 to 15 grams of fiber per day. Fiber consumption recommendations from the National Institute of Medicine for men and women 50 years of age and younger are 38 and 25 grams a day, respectively. For those over the age of 50, daily fiber consumption should be 30 grams for men and 21 grams for women.

When you select breads and cereals, the operative word is "whole." Choose foods that have one of the following whole-grain ingredients first on the label's ingredient list: quinoa, rolled oats, whole oats, whole rye, whole wheat, wild rice, buckwheat, brown rice, oatmeal, buckwheat, bulgur, miller, whole-grain corn, whole-grain barley or whole-grain sorghum. Foods labels with the words multigrain, cracked wheat, seven-grain, bran, 100 percent wheat or stone-ground are usually not whole grain products. For whole grain food choices and suggestions for serving, see the chart below which is adapted from the Tufts University Health and Nutrition Letter (2011).

In summary, whole grains taste great and are easy to prepare many different ways. Just do not go overboard and add too many whole grains to your diet as this will add calories. Aim for a well-balanced diet in which half the grains are whole grains. Also include ample servings of fruits and vegetables, low-fat dairy products and lean protein. \$

*Sharon Thompson can be reached at [thompson@coastal.edu](mailto:thompson@coastal.edu). Sharon is a frequent contributor to PrimeTimes and her articles in previous issues can be found by visiting [www.coastal.edu/lifespan](http://www.coastal.edu/lifespan) and clicking on PrimeTimes.*

Grain	Nutrition Notes	Suggestions for Serving
Quick-cooking barley	Quick healthy side dish.	Add to soups, stews or stir fry with sautéed mushrooms and barley.
Quinoa	Gluten-free and is a complete protein. Rich in potassium, riboflavin and B vitamins.	Make quinoa salad with scallions, cherry tomatoes, asparagus and lemon dressing.
Old-fashioned rolled oats	Healthy and quick breakfast.	Cook with fruit, chocolate almond milk and slivered almonds for a delicious breakfast.
Brown rice	Good source of magnesium, manganese, and selenium. Gluten-free.	Use as a side dish for any main dish. Top with a drizzle of low-sodium soy sauce and toasted sesame seeds.
Whole-wheat couscous	A tiny pasta made from semolina. Provides fiber and many minerals.	Easy side dish. After cooking, toss with extra-virgin olive oil, chopped red onion, cucumber, red bell pepper and cilantro for a delicious salad.
Cracked wheat	Wheat berries that have been broken into pieces.	Serve as a cooked breakfast cereal topped with Greek yogurt with honey, chopped walnuts and dried fruit.



# Training Future Riverkeepers®

## Promoting Natural Resource Stewardship

*By Christine Ellis, Waccamaw RIVERKEEPER®*

As an education and advocacy organization, we engage our local community in programs designed to raise awareness of the benefits of our local rivers and promote protection of our most precious asset... our water. As part of that engaged community, we view youth groups as an important audience for our programs, educating them on the river basin in which they live and involving them in community projects to protect our water resources.

We partner with other education providers as part of a regional collaborative effort, the Coastal Waccamaw Stormwater Education Consortium (CWSEC). The CWSEC, led by Coastal Carolina University's Karen Fuss, was formed to help local governments meet requirements for stormwater education and public involvement. What does that mean? We need to educate and engage the public in preventing polluted runoff from reaching our local waterways. How do we do that? Educators from CCU's Waccamaw Watershed Academy, Clemson's Carolina Clear, Murrells Inlet 2020 and Beyond, North Inlet - Winyah Bay National Estuarine Research Reserve, South Carolina Sea Grant Consortium and the Waccamaw RIVERKEEPER® Program of Winyah Rivers Foundation offer training and education programs and design specific programs for the member municipalities. Our goal is to raise awareness about the local problems with polluted runoff

and what we can do as a community and as individuals to prevent pollution of our waterways.

In Georgetown County, we have partnered with the Service Over Self (SOS) Youth Volunteer Group led by Yolanda McCray. Out of our partnership sprang the "Youth for a Healthier Sampit River," a subset of the SOS youth group that has undertaken projects focused on the Sampit River, including litter cleanups, water quality monitoring and watershed education.

Last year, our water-quality monitoring program was expanded when Karen Beshears of the SEWEE Association, the friends group for our local National Wildlife Refuges, invited us to expand our water monitoring program up into the Pee Dee River. Once a month (every second Saturday morning), the SOS youth participate in water-quality monitoring at three locations: the Carroll Ashmore Campbell Marine Complex on the Sampit River, Samworth Wildlife Management Area on the Pee Dee and the Waccamaw National Wildlife Refuge Environmental Education Center on the Pee Dee. Data collected and reported are helping to monitor the water quality conditions on the Pee Dee River. One parameter measured is salinity due to a concern about the impact of salinity levels on freshwater marshes within the Refuge boundary as sea level rises or drought occurs. This is an ongoing



partnership project that will provide information important to the Refuge and its future management plans.

Recently, SOS joined the Waccamaw RIVERKEEPER® Adopt-a-Landing Program by adopting the Carroll Ashmore Campbell Marine Complex on the Sampit River in Georgetown. As adopters of this landing, SOS youth agreed to help clean up their landing and surrounding areas at least twice per year, identify any safety issues and promote beautification of these public accesses to our beautiful waterways.

Through these and other programs, youth gain an understanding of river water quality and the land water connection. Having this knowledge helps youth to understand the impact of actions taken by them and/or their community.

We now have a new initiative focusing on youth stewardship of our natural resources...the Waccamaw RIVERKEEPER®'s Youth Book Club. This new initiative was in part inspired by the creation of "The Story of the Waccamaw River" in partnership with the former Global Awareness Project (GAP) inspired by Jessica Durivage and Carl Kerridge. The story, authored by the Waccamaw RIVERKEEPER®, was brought to life by local artist Caitlin Biedler and youth who visited our exhibit at one of GAP's Art Walks at Market Common. In real life, the storybook is large, made of painted corrugate cardboard that once housed laundry appliances; however, a copy can be viewed online at the RIVERKEEPER® website.

With the help of Coastal Carolina University student Katie Brazel, we have identified a "book of the month" focusing on an environmentally themed celebration day for each month during the school year. For example, for the month of October, we are celebrating National Estuary Day (Oct. 3) with a book entitled "My River." Using brief text and striking illustrations, the author portrays the unity of a natural community that depends on

one river for life. In addition to reading the book, we have an activity planned to complete the reading. We will create a watering can for each child to take home, using a ½-gallon milk container, a funnel, glue, scissors, markers and construction paper. More fun is planned in subsequent months.

As we reach out to the schools and other youth organizations, we ask for your help in two ways:

1. Promoting the program locally to schools and youth organizations; and
2. Becoming involved as a reader for a local school group or other youth organization.

The messages we are sending highlight the value of our natural resources and how they define us. Come help us educate youth about our local environment so that they are better prepared to look after it now and in the future. After all, our youth are the future stewards of our rivers and our natural heritage. §

The Waccamaw RIVERKEEPER® is a program of Winyah Rivers Foundation, a 501(c)3 not-for-profit organization whose mission is to protect, preserve, monitor and revitalize the health of the lands and waters of the greater Winyah Bay watershed. We are a proud member of WATERKEEPER® ALLIANCE, an international organization headquartered in New York and dedicated to protecting YOUR water from pollution. We welcome you to learn more about us at [www.winyahivers.org](http://www.winyahivers.org) or by calling 843-349-4007.



"A partnership between Waccamaw RiverKeeper® and the Youth of Service Over Self."



## When Investment Markets are Scary...What Should We Do? .....continued from page 2

5+ percent range, so they should continue to provide income even if the stock value decreases. Focus on good, solid, dividend-paying stocks.

A portion of the long-term portfolio should be allocated to bonds; the size of the portion depends on economic conditions, personal circumstances and age. A more defensive bond portfolio would favor shorter maturities of highly rated bonds. Despite the credit downgrade of long-term U.S. Treasuries by S&P, they are still generally regarded as one of the safest bond investments in the world. Investing in U.S. Treasury Inflation Protected Securities can provide some inflation protection. The Federal Reserve has indicated that it plans to keep short-term interest rates unchanged over the next two years, and if so, shorter maturity Treasury bonds should be relatively safe.

For those who have already raised more cash in their portfolio than they will need for the near-term and would like to re-invest some, I would suggest dollar-cost-averaging by making smaller fixed-dollar purchases on market dips over an extended period rather than re-investing the total amount all at once.

Likewise, those who wish to raise cash from current investments may wish to consider segmented sales of poor performers on market rises.

Overall, maintain diversification by business sector, geography and investment type either through the purchase of individual stocks or bonds or through actively managed, traditional index or exchange traded funds. Keep cool through the ups and downs that will surely come and, if you need someone's hand to hold, find a reliable advisor you can trust to help you through the rough places. That approach offers the best prospect for achieving long-term success. \$

*Norm Whiteley publishes a free monthly online investment newsletter and teaches classes for Coastal Carolina University's Osher Lifelong Learning Institute. He is a past president of Lifelong Learning. Norm started a new website for the OLLI Investor Education Club dealing with investing questions or expertise sharing at [www.groups.google.com/group/investment-fundamentals](http://www.groups.google.com/group/investment-fundamentals). He can be reached at [nwhiteley@coastal.edu](mailto:nwhiteley@coastal.edu) or [nwhiteley@verizon.net](mailto:nwhiteley@verizon.net).*

# Positive Wisdom

Positive Wisdom

Life is no brief candle to me. It is sort of a splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations. ~ George Bernard Shaw, 1856-1950, British Playwright

## We want to hear from YOU!

If you have comments or questions about articles in this issue, want to submit a letter to the editor, ask a question or make a comment, or if you would like to suggest appropriate subjects for consideration in future issues, the *PrimeTimes* staff wants to hear from you. If you want to be added to the *PrimeTimes* mailing list, just email, call, fax or write to let us know. Previous issues of *PrimeTimes* can be viewed at [www.coastal.edu/lifespan](http://www.coastal.edu/lifespan).

**EMAIL ADDRESS:**  
[rockdot@coastal.edu](mailto:rockdot@coastal.edu)

**TELEPHONES:**  
Rocco Cartisano  
Research Associate  
843-349-4116  
Fax 843-349-2184

**LOCATION:**  
The Office of Lifespan Studies  
Atlantic Center  
642 Century Circle  
Conway, SC 29526

**MAILING ADDRESS:**  
OLS - Atlantic Center  
Coastal Carolina University  
P.O. Box 261954  
Conway, SC 29528-6054

# When Life Matters Most

## Regency Hospice

By Joyce Calabrese RN, MS, Executive Director Regency Hospice

Aunt Rose was my idol. She was vivacious, an exercise nut, an avid reader and crossword expert, and she loved the Museum of Fine Arts in Boston. Because her husband died on the ship he commanded during the last World War, and her sons were both living out west with their families, she lived alone in a small home close to her sisters in a tiny community outside Boston. Once a month, she and I would take a cab into the city, tour the museum and experience fancy dining. I just loved her as she taught me so very much.

Two years after I moved South, my husband and I traveled to Boston for the annual "Jingle Mingle" on Christmas Eve with the family. Aunt Rose arrived dressed in a summer suit, mismatched shoes, and her hair disheveled. She had always been meticulous about her clothing, so seeing her dressed for summer in snowy, blustery weather was so unlike her. I went to her, hugged and kissed her and told her I missed seeing her, especially on our monthly "chick trips." She looked at me with glaring, dead eyes and said, "Who are you?" I was absolutely devastated! Her visiting son from Reno took me aside and told me she was now living in an assisted living facility with Alzheimer's. I now knew why she never returned my multitude of telephone calls.

Dementia is an umbrella term that includes many different diseases including Alzheimer's. It is projected that Alzheimer's disease claims a victim every 70 seconds and that by 2050, there will be 16 million who suffer from this disease in America. Caregivers suffer much stress with caring for their loved ones. But Caregiver Support Groups are FREE. At the meetings, a facilitator leads the group and caregivers verbalize their issues, their successes and their failures. There are many support groups available, including those that I facilitate at both the Lakes at Litchfield and at the Retreat at Brightwater in Myrtle Beach. For information on other groups, visit the web at [www.alz.org/sc](http://www.alz.org/sc) or call the help line at 1.800.273.2555. Natalie Bankowski, our local program director for the Alzheimer's Association, is also available at 843-213-1516.

Since I wrote this article a few years back, my husband and I have gone back to Boston repeatedly for funerals of family members, most of them elderly. I was shocked to learn that only one out of four terminally ill relatives had hospice services. One reason are the myths about hospice, which include:

**1. Hospice means giving up. FALSE.**

Hospice means quality time for the patient and for the family.

**2. Not-For-Profit hospices are better than For Profit hospices. FALSE.**

There is no difference in the reimbursement received for delivering hospice services, and all regulations for delivery of care are the same. The for-profit agencies pay taxes. Not-for-profit

...continued on page 14





agencies do not pay taxes and reap many discounts from other agencies. Regency Hospice has a not-for-profit foundation to which all donations go into. The community benefits greatly from this.

**3. Hospice is only for cancer victims. FALSE**

Hospice is for ANY life-limiting illness.

**4. Hospice delivers care 24/7. FALSE**

Hospice visits can be made as frequently as necessary, according to the medical necessity of the patient, but it is not a 24/7 service.

**5. Hospice care is given for a short time only. FALSE.**

As long as the patient is terminal, and not chronic, hospice will deliver care. Patients may come off hospice, but the service is available again if eligibility is met.

**6. All hospice programs are the same. FALSE.**

We are all under the same regulations, both federal and state, and must deliver core services, but the manner in which support services are delivered may be different. Business models may differ.

**7. Hospice is only for the patient. FALSE.**

Hospice benefits the loved ones also.

Regency Hospice provides bereavement services for over a year.

**8. To be eligible for hospice care, the patient must be bedridden. FALSE.**

Hospice care can be given at the time of a terminal prognosis, regardless of the patient's activity.

**9. Once a patient enrolls in hospice, he or she can no longer see their physicians. FALSE.**

Hospice reinforces the relationships with the patient's doctors.

**10. The hospice patient can no longer receive traditional medical treatment. FALSE**

Patients have the right to cancel hospice care whenever they choose and can re-enroll with the same or another hospice with their doctor's consent. Regency Hospice does pay for palliative chemotherapy and radiation on an individual basis.

Also, Regency Hospice requires that its staff be socially responsible. We believe in caring for the community. Given that, we support the Alzheimer's Association in many events (the walk, the Forget-Me-Not Ball, various other fundraisers and two support groups for caregivers); Neighbor-to-Neighbor, a program of GRACE in which we provide transportation for needy seniors with the use of volunteers; Breast Cancer Walk at Georgetown Hospital System; SAGES (Senior Advocates Growing Elder Services) in which we host a subcommittee to award Caregiver Aides in each county for going above and beyond with their patient's cares; and Stockings for Seniors, a community effort to fulfill holiday wishes of seniors. We also support the Waccamaw Sports Classic (similar to a seniors' Olympic game day) and the GRACE Golf Tournament each year, and more.

Our other programs include our Perenity flower mission, Tree of Life, Disease Management, Hospice for Heroes, Honor Veterans, Bread Ministry, an active volunteer program and more.

If you are looking to choose the right hospice, we encourage you to call Regency Hospice. We can also answer questions about senior life and disease conditions. Don't be timid about hospice. You have paid into Medicare since the first day you had a job, and this is the time to use those benefits. §

*Joyce Calabrese can be reached at 842-651-2335 or [jcalabrese@regencyhospice.com](mailto:jcalabrese@regencyhospice.com).*

*... When Life Matters Most*

# *Neighbor-to-Neighbor Building a Caring Community Two Rides at a Time!*

*By Danita Vetter, Waccamaw Area Agency on Aging and N2N Volunteer*

## *We are so blessed!*

Looking around our community, everywhere we turn, we see that we are living in a place that is absolutely adorned with picture-postcard scenes of natural beauty. Our pine forests, the marshes, our black-watered rivers, the sandy-white beaches along the undulating Atlantic....

The wonders of our area help us to keep, and draw, another type of natural resource to our region: our most accomplished citizens. These are the seasoned, experienced, creative citizens, who happen to be over the age of 50. They come in two varieties—the “home-grown” seasoned citizen and the “I got here as soon as I could” variety. Both types are looking for opportunities to make a positive impact in the world, and hoping to better the lives of those around us, just because “we are so blessed!”

This is an invitation to service. In each of our lives there are times when we need help from someone else. For many of our “most senior” citizens the time to seek help comes when they can no longer drive. Perhaps, their eyes are no longer what they used to be. Maybe they have a health condition that prevents them from driving; perhaps they can't afford to own or repair a car. No matter the circumstance, when you cannot get to the doctor, the pharmacy, the grocery or worship service you are vulnerable. When you lose your independence, the quality of your life suffers.

Please consider joining Neighbor-to-Neighbor: a program of grace in volunteering to provide just two rides a month to a senior neighbor. Grace is a

non-profit agency with a caring dispatch staff and a tried and true computer program to “match” volunteer drivers with seniors/disabled individuals who need help with transportation. Volunteer drivers are trained, and screened, and supplemental insurance is available for qualified volunteers.

Make a positive difference! Call or email Neighbor-to-Neighbor to volunteer at 843-839-0702 or [carolinaneighbor@gmail.com](mailto:carolinaneighbor@gmail.com). Visit our website: [www.gracefullyaging.org](http://www.gracefullyaging.org). A Neighbor-to-Neighbor representative would be happy to speak to your faith group, civic organization or business about partnering with us to build a better community for our most valuable natural resource...our people! \$

*Danita Vetter, Waccamaw Area Agency on Aging, can be reached at 843-436-6123 or [dvetter@wrcog.org](mailto:dvetter@wrcog.org).*





COASTAL CAROLINA  
UNIVERSITY

*Office of Lifespan Studies • College of Science*

P.O. Box 261954 • Conway, SC 29528-6054

## PrimeTimes

FALL 2011

# PrimeTimes

COLLEGE OF SCIENCE • OFFICE OF LIFESPAN STUDIES • COASTAL CAROLINA UNIVERSITY

## SMILE~A~WHILE

*PrimeTimes recognizes that there's always room for a smile – occasionally even a laugh out loud – among the serious topics we address. If you have a humorous story about the lighter side of aging, send it in and we may publish it in a future issue of the newsletter.*

A physics professor at a renowned institution gave a one-question final exam after a semester dealing with a broad array of topics. The class was already seated and ready to go when the professor picked up his chair, plopped it on his desk and wrote on the board: "Using everything we have learned this semester, prove that this chair does not exist."

Fingers flew, erasers erased, notebooks were filled in furious fashion. Some students wrote over 30 pages in one hour attempting to refute the existence of the chair. One member of the class, however, was up and finished in less than a minute.

Weeks later, when the grades were posted, the rest of the group wondered how he could have gotten an "A" when he had barely written anything at all. His answer consisted of two words: "What chair?"

FALL 2011

